



## PORK, WITH NATURAL JUICES, CANNED

Date: April 2009

Code: A722

### PRODUCT DESCRIPTION

- Canned pork is ground pork cooked in its own juices with a small amount of salt added for flavor. It is ready to eat without heating, or added to your favorite recipe to be served either hot or cold.

### PACK/YIELD

- Canned pork is packed in 24-ounce cans, which is about 3 cups or about 5 servings (3 ounces each) of pork.

### STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened canned pork in a tightly covered container not made from metal and refrigerate.
- Look at the "Best if used by" or "Best by" date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

### USES AND TIPS

- Use for barbecue pork, pizza, soups, stews, spaghetti sauce, and casseroles.

### NUTRITION INFORMATION

- 1 ounce of canned pork counts as 1 ounce in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. For a 2,000-calorie diet the daily recommendation is about 5 ½ ounces. A serving of meat is about 3 ounces.

### FOOD SAFETY INFORMATION:

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: 3 ounces (84g) canned pork, drained

#### Amount Per Serving

**Calories** 170 **Calories from Fat** 100

% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 180mg	<b>9%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 18g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

**SOUTHWESTERN PORK SALAD****MAKES ABOUT 4 SERVINGS****Ingredients**

- Nonstick cooking spray
- ½ cup onion, chopped
- 12 ounces (about ½ of a 24-ounce can) pork, drained
- 1 tablespoon chili powder
- 2 teaspoons dried oregano (if you like)
- ½ teaspoon ground cumin (if you like)
- 1 cup low sodium canned kidney beans
- 1 cup low sodium canned tomatoes, drained
- 2 cups chopped lettuce

- ½ cup shredded reduced-fat cheddar cheese

**Directions**

1. In a large skillet coated with nonstick cooking spray, cook the onion and pork until the onion is soft, about 5 minutes.
2. Stir in chili powder, beans, and tomatoes. If using oregano and cumin, add that too. Mix and cook for 1 minute.
3. Arrange lettuce onto a serving plate or in individual bowls. Top lettuce with pork mixture and sprinkle with cheese.

**Nutritional Information for 1 serving (about 1 ½ cups) of Southwestern Pork Salad**

<b>Calories</b>	300	<b>Cholesterol</b>	75 mg	<b>Sugar</b>	3 g	<b>Vitamin C</b>	15 mg
<b>Calories from Fat</b>	130	<b>Sodium</b>	320 mg	<b>Protein</b>	27 g	<b>Calcium</b>	202 mg
<b>Total Fat</b>	14 g	<b>Total Carbohydrate</b>	17 g	<b>Vitamin A</b>	122 RAE	<b>Iron</b>	3 mg
<b>Saturated Fat</b>	7 g	<b>Dietary Fiber</b>	6 g				

*Recipe adapted from USDA Recipes and Tips for Healthy, Thrifty Meals.*

**PIZZA MEAT LOAF****MAKES 6 SERVINGS****Ingredients**

- 12 ounces (about ½ of a 24-ounce can) pork, drained
- ½ cup green pepper, chopped
- ¼ onion, finely chopped
- ¾ cup canned low sodium tomato sauce
- ¼ cup low-fat cheese, shredded

**Directions**

1. Preheat oven to 350 degrees F.
2. Place pork in bottom of 9x9-inch baking pan or 9-inch pie pan.
3. Top with green peppers, onion, tomato sauce, and cheese.
4. Heat in oven for about 15 minutes until cheese is melted.

**Nutritional Information for 1 serving of Pizza Meat Loaf**

<b>Calories</b>	140	<b>Cholesterol</b>	50 mg	<b>Sugar</b>	2 g	<b>Vitamin C</b>	16 mg
<b>Calories from Fat</b>	70	<b>Sodium</b>	160 mg	<b>Protein</b>	14 g	<b>Calcium</b>	58 mg
<b>Total Fat</b>	8 g	<b>Total Carbohydrate</b>	3 g	<b>Vitamin A</b>	12 RAE	<b>Iron</b>	1 mg
<b>Saturated Fat</b>	4 g	<b>Dietary Fiber</b>	1 g				

*Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.*